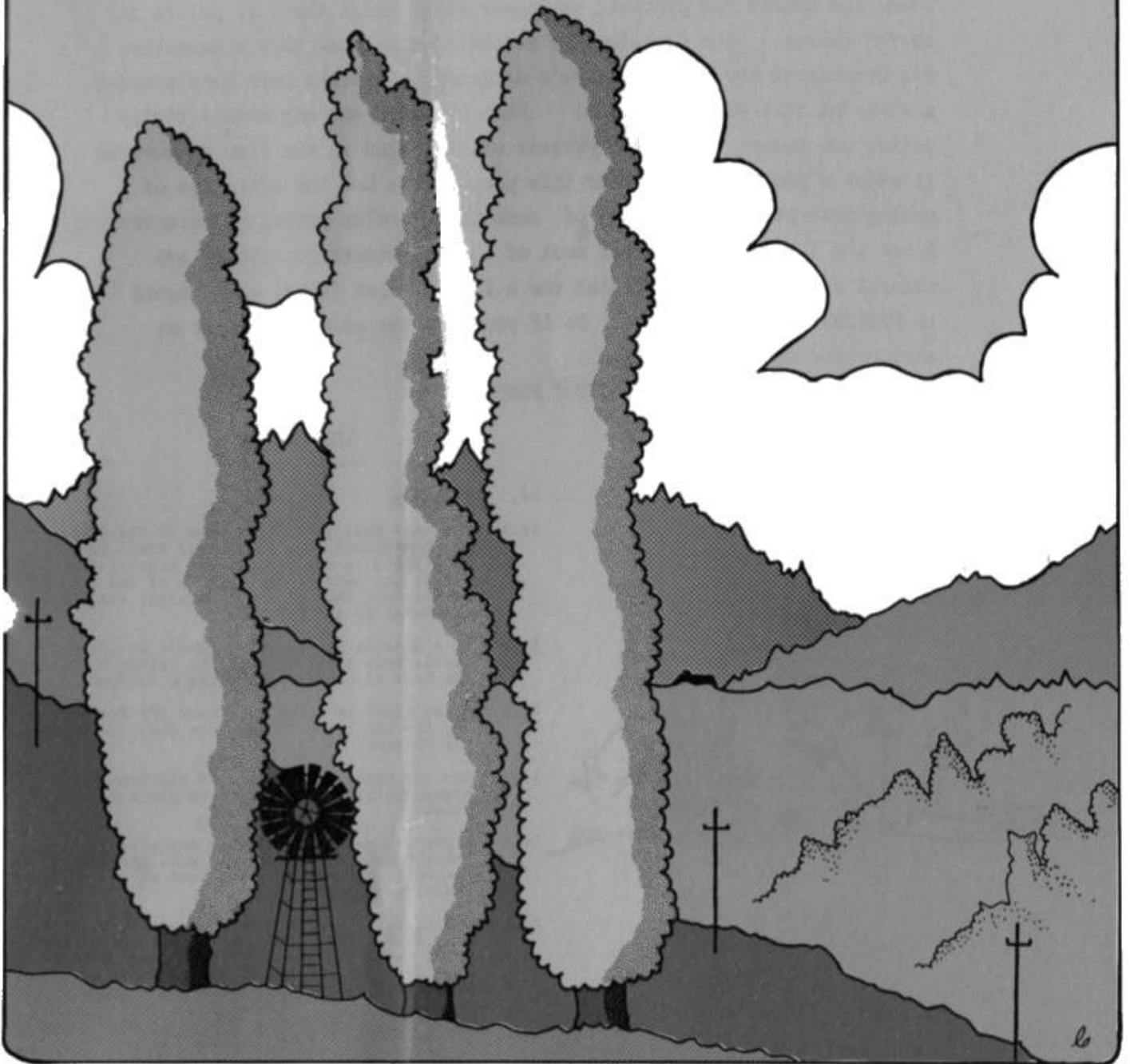


JULY 1987



COMPASS POINERS



EDITORIAL

Consider all the polls we hear or read about, like the Hayden Eye Witness, Gallup or N.R.B., without exception not one asks us anything about orienteering. Keeping this in mind I commissioned the T.W. Poll especially for Orineteers. It has the advantage of only one question which is - "Have you read 'RULES FOR N.Z.O. EVENTS' ?" These rules apply to our local O.Y. events. Another advantage of the Poll is its 100% margin of error which in turn cancels the need for any poll at all.

ARE YOU WITH ME SO FAR? NOW IT GETS COMPLICATED - -

It all started with a "protest" at the Esk O.Y. The course setter sent out a sub-committee of three to the disputed control. Meanwhile, awaiting the decision, club members held their breath - not bloody likely-sounded more like the last great debate was taking place. The sub-committee upheld the protest, newspaper didnt print the O.Y. points for the "A" course. The decision was redebated and since then a committee has overturned the sub-committee's decision. Points have been awarded. Now was'nt that easy to follow! What happened and why doesnt really matter now except to say the protest wasnt lodged in the time allowed so it wasnt a protest. However this protest has had the advantage of making more people more aware of some of the rules governing orienterring. Since the T.W. Poll finds that most of the orienteers questioned are natural stirrers I have printed the N.Z.O.F. rules (1984) with regard to PROTESTS in this edition. So if you feel the need to protest at anytime you can get it right.

ORIENTEERS WAKE UP TO "PROTEST POWER"

TONY WHITE



14. Protests

- 14.1 Protests against infringement of the Rules by the organisers or a competitor shall be made in writing to the competition organisers within one hour of the closure of the finish or within 1/2 hour of the competitor finishing, whichever is the earlier.
- 14.2 If a protest is against a result in the provisional lists it shall be raised within one hour of those lists being displayed.
- 14.3 A fee equal to twice the entry fee for that day for the class in question shall accompany any protest.
- 14.4 The fee shall be returned if the protest is proved valid and necessary to avoid an unfair result.
- 14.5 A protest can only refer to one alleged contravention of the rules (e.g. one misplaced control), and must be submitted on an individual basis.
- 14.6 A competitor has the right of appeal to protest over disqualification. The event controller shall reconvene the Jury if necessary up to one week from the receipt of the official event results to settle an appeal.

COUL E SETTER REPORTS: BIATHLON

FRIMLEY - FLAXMERE

This optional bi-athlon event unfortunately clashed with the ANZ Bank*to Bank Relay and reduced our numbers somewhat.

Some folk braved the biting wind and cycled out to use the Flaxmere map for the first time after successfully completing a Frimley course.

If this fixture were to occur again, we could obviously reverse the procedure and have our base on the Flaxmere map.

It only took me about 40 minutes to cycle round the Flaxmere map and choose the seven control questions I needed. It wasn't until I got home I realised I hadn't written down the answers!!

The cycling variation intrigues me, and at Bluff Hill recently, I cycled the A course owing to a twisted ankle that wouldn't stand up to running. This suggested to me the possibility of a cycling course for future setters. And then the suitability of Havelock Norths roads for an event.

I feel these alternative methods of orienteering have some justification in the winter, and in particular the lambing, kidding, calving time of the year when we are not welcome on the farms.

I have to admit that cycling/orienteering does have its dangers. Riding down hill, one handed, steering round a bend, braking, and reading the map held by the other hand. Tricky stuff.

Stewart

This editor would like to thank all who contributed to this magazine. Special thanks to Catherine Lee for typing, and to Dave Smith for results, printing & assembling this edition.
Tony White

RESULTS: FRIMLEY & FLAXMERE BIATHLON

The Hawkes Bay Orienteering Club's Autumn Biathlon was held on 11 May 1987 at Hastings Girls High School over courses designed by Stewart Hyslop. Not all opted to mount cycles however and several normal orienteering courses were available. The results are as follows;

Biathlon A+B Course 15.4km cycle/5.13km orienteer

1 Peter Watson	78.50
2 Dave Smith	84.00
3 Gavin Shing	92.21
4 Lee/Nairn Group	119.15

Biathlon A+CCourse 15.4km cycle/1.71km orienteer

1 Dave Holt	70.02
-------------	-------

B Course 2.5km

1 Gerard van Veen	18.30
2 Tony White	18.42
3 Trevor Plunkett	24.50
4 Philip Mardon	29.00
5 Fiona Sapsford	29.22
6 Jenny Mardon	29.40
7 Ted Sapsford	31.23
8 Anne Sapsford	34.20
9 Vicki van Veen	34.22
10 Angus White	34.57
11 Brian Crawford	42.26
12 K Apperley	49.11
13 Ward Family	59.06

Second Course;

1 Caroline Watson	25.30
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B Course Extended 4.21k

1 Sharon Mardon	53.19
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C Course 1.71km

1 Caroline Watson	15.34
2 P Bacchus Gp	28.53

Second Course;

1 Trevor Plunkett	11.40
2 Tony White	12.00
3 Angus White	14.33
4 Jenny Mardon	18.50
5 Iversen Gp	35.30

Third Course;

1 Hurford Gp	39.40
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D Course 0.93km

1 R & N Plunkett	21.50
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Second Course;

1 Sargisson Gp	12.51
2 Nicola White	16.21
3 Hurford Gp	21.55
4 C Plunkett	28.75

E Course 0.61km

1 Sargisson	10.27
2 Nicola White	11.02
3 Iversen Group	15.00
4 Jane C Clark	17.27
5 Hurford Gp	24.23
6 C Plunkett	33.55

4
COURSES SETTER REPORTS GRANULES OY & CLASSIC
GRANULES 24 May 1987

COURSE SETTERS AND VETTERS REPORT

This event was the first of 3 events run with the Red Kiwis and Wairarapa Clubs. There was a large turnout of visitors with a good number coming from the Red Kiwis Club.

The event was also our 3rd OY event for the year so of necessity there was an intertwining of courses and grades to fit both purposes.

The focus for the Winter Classic was 3 technically difficult courses being in length; long, medium and short. Courses A B & C were set particularly for the Winter Classic.

Many of our club members competing on these courses found some difficulties as are reflected in the times. However despite many people taking over 90 minutes for their course there was only 1 DNF on the day and that was a visitor from Red Kiwis. Perhaps it was the autumn day that persuaded many of you to stick at it despite the time involved. The course setters congratulations go out to all of you who completed their courses.

The terrain at Granules leads to an inevitable climb at some stage of the course but the starting position led on Courses C & D to a minimal climb only with some interesting orienteering.

Our thanks must go to the very co-operative farmers at Granules for their permission to use their land.



MAURICE LLOYD & ROSS FRECHTLING

Camera Donated

The Murphy family have donated a fine 35mm camera to our club. Stewart has undertaken to obtain film and possibly we will be able to support newspaper results with some visual shots of family groups or "guns". Thank you the Murphy family from us all.

RESULTS: GRANULES OY3 & WINTY CLASSIC#1

ORIENTEERING

A good attendance at the third Orienteer of the year event in the current series of five and boosted by competitors from other lower North Island clubs for the inaugural Winter Classic, the brilliant HB Autumn day set the scene at the Maraetotara venue of Granules on 24 May 1987 for some fine performances. HB orienteers navigated their way into top spots on four of the six courses offered by course setter Maurice Lloyd and vetter Ross Frechtling of Napier.

A Course 8km 320metres of climb (OY grades M17-39)

B Course 6.45km 230m climb (M40 plus)

C Course 4km 90m climb (W17-39)

D Course 3.25km 90m climb (W40, M13-16)

E Course 1.9km (W13-16, M12 & under)

F Course 1.3km (W12)

a	Peter Watson	w	7	HB	c	M21	69.55	25.00	25.000	8
a	Ray Corner			RK	c	M21	82.30		21.186	7
a	Colin Tait	hn	6	HB		M45	87.49	19.90		6
a	Gerard van Veen	w	5	HB	c	M21	88.18	19.79	19.795	5
a	Stewart Hyslop	h	4	HB	c	M45	92.47	18.83	18.838	4
a	Wayne Lee	hn	3	HB		M21	118.49	14.71		3
a	David Fisher	n	2	HB		M21	129.47	13.46		2
a	Geoff Paget	w	1	HB		M21	147.30	11.85		1
a	Mark August			RK	c	M21	DNF		5.000	
b	Stephen Leary			HV	c	M15	47.54		25.000	10
b	Rex Humphrey			RK	c		58.12		20.575	9
b	Michael Scott			HV	c	M16	63.38		18.818	8
b	Gavin Scott			HV	c	M45	69.89		17.371	7
b	Royce Mills			RK	c	W35	72.15		16.574	6
b	Tony White	r	5	HB	c	M40	73.55	25.00	16.200	5
b	Rex Hayes			KH	c	M45	77.17		15.494	4
b	Brian Craig			KH	c	M21	82.84		14.591	3
b	John Doolan			RK	c	M40	84.87		14.236	2
b	Brian Crawford	t	4	HB		M55	87.23	21.14		1
b	Andrew Hare	t	3	HB		M19	89.56			
b	Neil Lawrence			RK	c	M19	101.18		11.821	
b	Philip Mardon	h	2	HB		M45	102.15	18.87		
b	Dave Smith	h	1	HB	c	M50	106.57	17.27	11.196	
c	Linda Lloyd	n	7	HB		W21	55.41	25.00		10
c	Caroline Watson	w	6	HB	c	W21	58.13	23.91	25.000	9
c	Tania Scott			HV	c	W17	59.23		24.588	8
c	Judith Andrews			RK	c	W21	79.15		18.364	7
c	Jenny Mardon	h	5	HB		W21	80.26	17.30		6
c	Catherine Lee	h	4	HB		W21	80.36	17.27		5
c	Vicki van Veen	w	3	HB		W21	83.39	16.64		4
c	Anne Humphrey			RK	c	W35	87.88		16.703	3
c	Darryl Paget	w	2	HB		W21	98.23	14.14		2
c	Mac & Ngairi Fisher	n	1	HB		Gp	129.41			1
d	Sharon Mardon	h	9	HB		W40	51.28	25.00		
d	Jeanette Frechtling	n	8	HB		W21	51.45			
d	Peter Smith	h	7	HB		M13	59.45	25.00		
d	Bev Tait	hn	6	HB		W40	75.28	17.20		
d	Hurford & Hills	c	5			Gp	75.43			
d	Anne Sapsford	f	4	HB		W40	89.16	14.48		
d	Paul Nairn	h	3			M13	99.43	16.46		
d	Brian Murphy	h	2	HB			136.47			
d	Young & McEwen	h	1			Gp	155.22			
e	Gavin Shing	f	6	HB		M13	22.20			
e	Andrea Mills			RK		W13	24.28			
e	Fiona Sapsford	f	5	HB		W16	25.48	25.00		
e	Hurford & Hills	c	4			Gp	36.12			
e	Heather Mardon	h	3	HB		W19	36.34			
e	Garth Robertson	Gp	2	HB		Gp	37.80			
e	Rowan Sapsford	f	1	HB		M12	48.12	25.00		
e	Kathy Taylor			RK			46.87			
f	Fiona Humphrey			RK		W12	20.88			
f	Cathy Smith	h	3	HB		W12	22.43	25.00		
f	Rowena Humphrey			RK		W12	23.10			
f	Paget Group	w	2	HB		Gp	24.40			
f	Amy Robertson Group	p	1	HB		Gp	31.51			

TOP TOWN ANALYSIS (UNOFFICIAL)

TOP TOWN(AT GRANULES)

Abbreviations used as in brackets:

Hastings (h), Clive (c), Flaxmere (f), Havelock North (hn), Napier (n), Pukehou (p),
Maukawa (r), Waipukurau (w), Taradale (t).

Town/Area	c	f	h	hn	n	p	r	t	w
A Course			4	9	2				13
B			3				5	7	
C			9		8				11
D	5	4	22	6	8				
E	4	12	3			2			
F			3			1			2
Total Points	9	16	44	15	18	3	5	7	26
+ by entries	2	4	12	3	4	2	1	2	7
Average points per competitor	4.5	4.0	3.6	5.0	4.5	1.5	5.0	3.5	3.7

TOP CLUB ANALYSIS (UNOFFICIAL)

TOP CLUB (A,B,C courses only)

Club	HE	RK	KH	HV
A Course	29	7	-	-
B	6	17	7	25
C	37	10	-	8
Total Points	72	34	7	33
+ by Entries	19	8	2	4
= Avge /competitor	3.789	4.25	3.5	8.25

This is based on a Norwegian inter-club scoring method.

Would you say the winners of Top Town were those with the most total points? or would it be better to give the credit to the best average?

RESULTS: ANDERSON PARK (NIGHT RELAY)

Anderson Park Napier was the venue of a night relay over courses set
Ross and Jeanette Frechtling on Saturday 6 June 1987. The short leg
runners each triggered two medium leg runners who handed the third leg
member the longest course to complete.

1	Peter Smith (7m38s), Philip Mardon (24.18), Maurice Lloyd (22.12)	54.08
2	Adele & Vanessa Murphy(12.30), Noline & Arthur Blair(22.28), Peter Watson(23.52)	58.50
3	Peter Smith(7.38), Robertson Family(24.03), Malcolm Harrison(27.59)	59.30
4	Adele & Vanessa M (12.30), Caroline Watson(20.44), Dave Smith(34.54)	68.08
5	Anita Lloyd (11.54), Linda Lloyd (26.52), Brian Murphy (45.39)	84.25
	Anita Lloyd (11.54), Anne Sapsford(DNF), Fiona Sapsford(40.26)	DNF
	Hurford-Hills Fam.(12.58), Hurford-Hills Fam.(31.43) N.O.	Other -

Fastest individuals; Short- Peter Smith, Med-Caroline Watson,
Long- Maurice Lloyd.

COURSE SETTER REPORTS: NIGHT RELAY

ANDERSON PARK

This years Night Relays were held on Saturday 6th June at Anderson
Park. We were fortunate to have the Girl Guide Hall as a base,
enabling cups of tea to be enjoyed by some and a good opportunity to
become orientated to the map under lights.

It was pleasing to see so many people come orienteering on a Saturday
night, with six teams and several individuals competing. The first
runners set off around 7 pm - armed with maps and torches. No regrets
were heard regarding the absence of a compass bearing on the map - after
all it was a good exercise in map reading - or tree counting - and one
does only have two hands to hold map, torch and compass. Some still
had difficulty seeing where they were going - running straight into the
stream - or were you just training for the triathlon Peter? Anyway, some
very even times were recorded and our congratulations must go to the
winners.

Ross Frechtling

COURSE SETTERS' REPORT: TE MATA

I'd always wondered why dad had taken so much time to set an event. Now I know why. It's not as easy as plonking a few circles on a map (as most of you already know) you have to find out where electric fences are and what the control sites looked like without seeing them first. Luckily I knew the map pretty well. When it came time to put discs out to mark the control sites, my whole perspective of the map changed and some (most actually) controls had to be changed so that you couldn't see them from one control to another. Putting the controls out on the day was easy enough, but trying to keep up with the people going in and out was quite confusing. Thanks to the Mardons for bringing up the caravan. Thanks to Mr. Lee for letting me set those courses and also a big thank-you to everyone for coming. There were a lot of new faces which was very pleasing. It was a great day and I look forward to setting a whole event someday !! FIONA

The Te Mata map is a good place to start when you have never set a course before! At least, that is what I thought and to a large extent it proved to be the case, only finding a different place or approach or anything that hadn't been done before was the problem. A general lack of experience at course setting forced me to go fairly well with the norm. Once I had decided I had better not be too different in case my first course also became my last, I enjoyed the field work and felt that this is the best way to improve general map comprehension.

Fiona Sapsford was my valued helper for this event and with the exception of a rather shaky start on the day, we only made the mistakes we were expected to make, none of which I am pleased to say, caused any real panic.

As was expected, we had a lot of new and nearly new competitors turn up through the day and as far as I know, they are all back down from the hills by now, thanks to our coaches Ted Sapsford and Stewart Hyslop.

Lastly, my thanks to the Mardons and Sapsfords for their help at the start. Without these good people we might still be trying to park the caravan.

I enjoyed my first course setting experience and look forward to the next.

Wayne Lee

RESULTS: TE MATA

Venue: Te Mata

Date: 21/6/87

Setter: Wayne Lee + Fiona Sapsford

A Course 5.96km

1 Gerard van Veen	M21	a	74.00
2 TonyWhite	M40	a	93.00
3 Malcolm Harison	M21	a	97.00
4 Colin Tait	M45	a	97.00
5 Ross Frechtling	M21	a	108.00
6 David Fisher	M21	a	115.00
7 Ted Sapsford	M50	a	125.00
8 Peter&Chris Smith/J Davis	Gp	a	170.00
9 Young/McEwan	Gp	a	256.00

B Course 4.08km

1 James Bowden	M15	b	68.00
2 Philip Allerby	M17	b	81.00
3 Philip Mardon	M45	b	85.00
4 Angus White	M17	b	106.00
5 Jane & Philip	Gp	b	111.00
6 Blair Gp	Gp	b	132.00
7 D & C Holt	Gp	b	137.00
8 Catherine Lee	W21	b	137.00
9 Vicki van Veen	W21	b	137.00
10 Mac Fisher	M60	b	156.00
Tim Hay	M17	b	DNF

C Course (memory)2.61km

1 Caroline Watson	W21	c	46.00
2 Sharon Mardon	W40	c	56.00

D Course 1.975km

1 Jeanette Frechtling	W21	d	44.00
2 R Adlam	W21	d	47.00
3 Gavin Shing	M13	d	48.00
4 Anne Sapsford	W50	d	59.00
5 Hurford Gp	Gp	d	64.00
6 Plunkett Family	Gp	d	67.00
7 T J P Sargisson		d	72.00
8 Rowan Sapsford	M12	d	75.00
9 Nairn boys	Gp	d	81.00
10 Lynne & Garth Robertson	Gp	d	94.00
11 Carla van den Hout		d	165.00
Mrs Cook Gp	Gp	d	DNF
L & B Nairn	Gp	d	DNF

E Course 1.3km

M & A Sargisson	Gp	e	44.00
Lois & Brian Nairn	Gp	e	59.00
NicolaWhite	W14	e	67.00
Amy Robertson & Granny	Gp	e	69.00
Judy/Ray/Sarah/Ben	Gp	e	73.00
Epplett	Gp	e	DNF

UPDATE ON FEBRUARY ! NZ MOUNTAIN MARATHON:

MACPAC NEW ZEALAND MOUNTAIN MARATHON

FEBRUARY 20/21 1988

The course setting of the mountain marathon is well underway with Ted having spent so much time in the ranges he is part of the landscapel

Geoff, Doug, James and I accompanied Ted on one course setting excursion. Over two days we checked out five control sites, honed our cliff climbing, bush bashing and tree scrambling skills, discovered a secret hideaway which will no longer be secret when 200 plus competitors go charging through and entertained the opossums.

The organisational planning is well advanced with Macpac providing the major sponsorship. Entry forms are now being printed but will probably not be available to orienteers until mid August.

Ted has been approaching various orienteering and Heretaunga Tramping club members regarding assisting us in the holding of the mountain marathon. We have been reluctant to approach potential Hawkes Bay competitors but we may have to if Macpac's promotion is as successful as I think it will be.

Courses one and two will cross the Ruahine Range from West to East while courses three and four will have a day on either side.

I hope that all of you will attend the event in some capacity and that you will promote the event outside the Hawkes Bay area.

Entry forms will be available from me at the end of July.

Peter Watson

See next page.

Pages 11-12 were a centrefold.

Pete, - Smith

COURSE SETTER REPORTS: BLUFF HILL
BLUFF HILL EVENT 5 July

M

PLOT COURSE L PICTURE MAP - SWAN'S GULLEY RESERVE

RESULTS: BLUFF HILL

Results of Bluff Hill
5 July 1987
Setter: Brian Murphy

A Course 5.8km

Rob Shirley	M21	37.28
Stewart Hyslop	M45	39.25
Malcolm Harison	M21	39.58
Phillip Allerby	M17	49.17
Trevor Plunkett	M21	58.89
Mikael Claesson	M21	52.23
Colin Tait	M45	55.13

B Course 3.5km

Philip & Heather Mardon	Gp	39.15
Dave Smith	M50	41.28
Blair	Gp	43.08
Sharon Mardon	M40	43.46
Brian Crawford	M55	44.86
Craig Tuohy	M21	44.43
Taylor Family	Gp	47.11
Nairn	Gp	48.58
Lee	Gp	49.58
Anderson	Gp	57.18
Vicki van Veen	M21	74.11
Young	Gp	75.44

C Course 1.7km

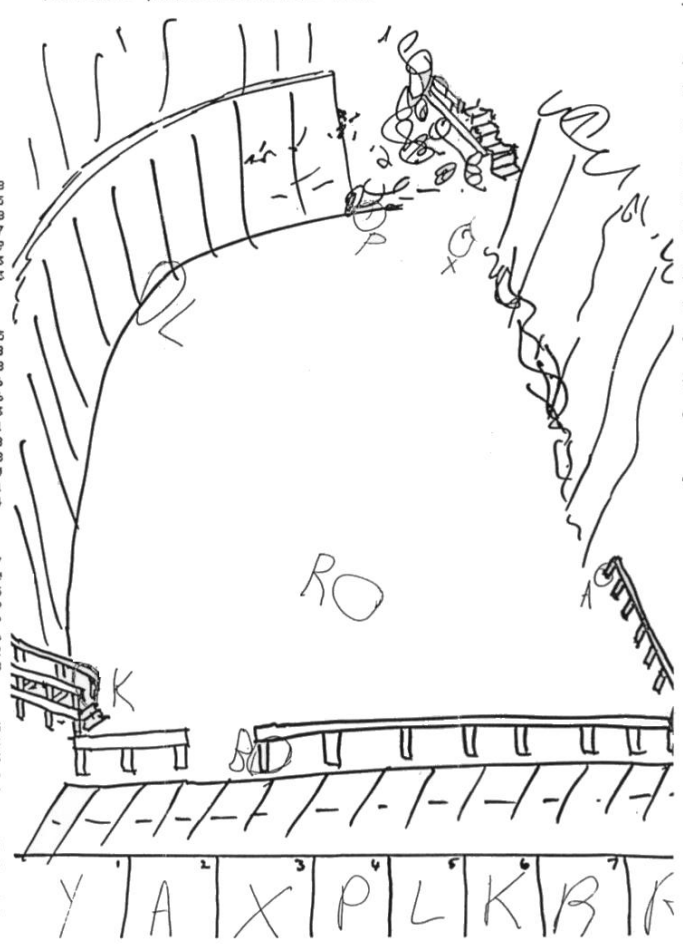
Rosalie Adlam	M21	33.27
Catherine Plunkett	M13	33.50
Mac & Ngairne Fisher	Gp	45.25
Peter Smith	M13	46.59
Kate & Gael Clark	Gp	58.89
Epplatt Family	Gp	59.46
DeLange	Gp	73.32
Ward Family	Gp	73.48

K Course - Picture Map

Patrick McIvor	1.25
Michelle Eparaima	1.53
Ryan Gibson & Rochell	2.23
Christopher McIvor	4.46
Anita Lloyd	4.54

Plot Course - Picture Map

Peter Smith	1.27
Gael Clark	3.09
Catherine Plunkett	3.11
Linley Black	3.38
Cathy Smith	3.49
Vanessa Murphy	4.22



As new members, being asked to organise an event was a bit bewildering, but after some thought and some talk to other members and a long look at the map, we said yes.

One warm, sunny Sunday afternoon we went for a drive to find some questions and answers, a check with Stewart Hyslop and a few changes, we were all set to go.

Sunday came cold but sunny. Not quite sure how to run the caravan but we soon got the swing of things. I hope all those that came enjoyed our attempt at the Bluff Hill Map.

Thanks to Dave Smith for organising a very interesting childrens course.

The Murphy Family

WINTER CLASSIC 2 Waiterere

A 7-3k		
1 M. Ingham		56.14
6 Gerard van Veen		71.24
7 Peter Watson		71.50
B 5-75k		
1 Stephen Leary		43.05
36 Tony White		94.31
C 3-6k		
1 Angus White		40.20
7 Caroline Watson		50.36
Explorers 2-2k		
1 J. Leary		28.03
10 V. & G. van Veen		37.54

OY POINTS TO DATE:

M17-39	OY1	OY2	OY3	OY4	OY5	BEST 3
4 Gerard van Veen	18.34	17.04	19.79			55.17
8 Stewart Hyslop	16.43	14.84	18.83			50.10
2 Peter Watson		25.00	25.00			50.00
1 Maurice Lloyd	25.00	18.53				43.53
7 Wayne Lee		10.89	14.71			25.60
David Fisher		10.22	13.46			23.68
Colin Tait			19.90			19.90
3 Russell Mardon	17.13					17.13
11 Geoff Paget			11.85			11.85
13 Kevin Judge	5.00					5.00
6 James Watson						0.00

M40

6 Dave Smith	18.56	18.85	17.27			54.68
7 Tony White	25.00		25.00			50.00
3 Brian Crawford		25.00	21.14			46.14
4 Ted Sapsford	16.81	12.83				29.64
5 Philip Mardon			18.07			18.07
1 Stewart Hyslop						0.00
2 Colin Tait						0.00

M13-16

2 Peter Smith	16.33	22.24	25.00			63.57
James Bowden	25.00	25.00				50.00
Paul Nairn			16.46			16.46
Mark Seebeck	5.00					5.00
1 Angus White						0.00

M12

1 Rowan Sapsford	25.00	25.00	25.00			75.00
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W17-39

4 Linda Lloyd	25.00	25.00	25.00			75.00
2 Caroline Watson	20.79	18.42	23.91			63.12
Vicki van Veen	16.95	17.37	16.64			50.96
Darryl Paget	20.25		14.14			34.39
10 Catherine Lee		14.61	17.27			31.88
Jenny Mardon			17.30			17.30
Jeanette Frechtli	15.00					5.00
3 Fiona Crawford						0.00
9 Diane Taylor						0.00

W40

1 Sharon Mardon	24.36	25.00	25.00			74.36
2 Anne Sapsford	16.51	18.55	14.48			49.54
3 Bev Tait	25.00		17.20			42.20

W13-16

1 Fiona Sapsford	25.00	25.00	25.00			75.00
2 Kylie Watson						0.00
3 Anna Watson						0.00

W12

2 Cathy Smith			25.00			25.00
Gillian Watson	25.00					25.00
1 Anna Watson						0.00

↑ last year's placing!

OY PROGRESS STUDIED BY (ANON)

O.Y. COMMENTS

- M 17 - 39 None of these runners are involved with anymore course setting so it looks like a real battle between Peter and Maurice. Maurice does know Whirinaki (OY4 venue) better than most, because he set the courses for last years Open Champs there. Could give him an edge, which would then leave it to OY5 at Gwavas.
- Gerard and Russell are always capable of a blinder on a good day.
- Stewart is running this grade hoping to get used to the longer distance for the Taupo National Champs. Apparently wants to improve on his "Iron" man status at Badge events. What does Peter have on those psyche tapes he listens to?
- M 40 Brian is setting Whirinaki. Will the lambing beat keep Tony away? Philip is setting Gwavas, so he only has one outing left. Dave is very consistent, a bit slimmer too, if I'm not mistaken. Must be all that squeezing of the piano accordion.
- M 13 - 16 With two forests to go, this will be an interesting tussle between James and Peter.
- M 12 Congratulations Rowan.
- W 13 - 16 Congratulations Fiona.
- W 12 Turn up and finish, you get the points.
- W 17 - 39 Congratulations Linda. One gets the impression that the reproduction of the human race has quite an effect on this grade. I guess someone has to produce the orienteers of the future. Bear with it ladies. One day you will be W40 and it will be all behind you, so to speak.
- W 40 Congratulations Sharon.

MEMBERS IN THE NEWS:

Flaxmere ticket wins

Somebody in Flaxmere is \$200,000 richer today following the Golden Kiwi lottery No. 15 draw this morning. Ticket No. 187825, in the name of D and T, Flaxmere, took the top prize. The one-off \$1000 prizes for ticket numbers 187824 and 187826 were held by E. M. syndicate, Flaxmere, and That's Us syndicate, Hastings. The non-de-plumes were not known to the only Golden Kiwi seller in Flaxmere, the Family Bookshop.

YES, THE SAPSFORDS SOLD THE TICKET!
WHAT WILL THEY DO FOR AN ENCORE?

Toys Ltd

IT'S FASHIONABLE: To give soft toys — gifts from the heart. Fashion today sees the very young — the teenagers — the younger set — and the mature — giving "Soft Toys" Bunkers can help with the perfect gift for that very special person in your life.

- GARFIELD:** That adorable softie and the latest titles: Police — Tourist — Football Player — Get Stuffed — Sad & Happy — Baby and Odie.
- CHIGGLES:** Give your baby a happy giggle and blinks its loving eyes at the sound of your voice.
- SPORTS F** **LES:** Turn them inside out and have a ball.
- MAURICE:** The Amorous Ape "the world's greatest lover."

Unbelievable Selection

Kayaking in baths declined

A Waipukurua man was refused permission to increase his kayaking skills in the Waipukurua baths over the winter period when the baths are closed, after an application to do so went before the reserves and buildings committee of the Waipukurua District Council on Tuesday, May 12.

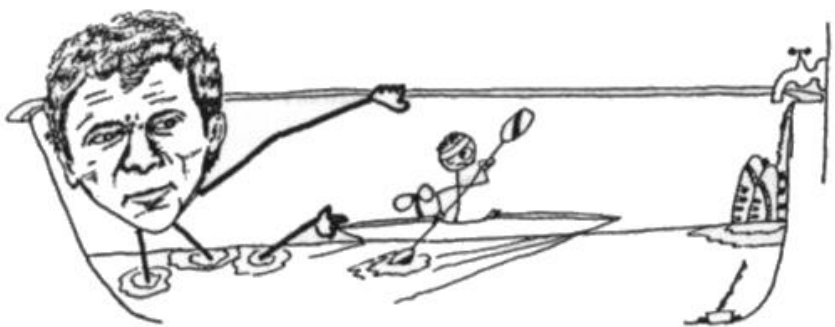
Mr. Peter Wilson said that although he realized that the water in the baths would be cold and suggested it was better than the ones nearby. He said that he would like to use the baths on Saturdays for one or two hour sessions. He would, he said, be prepared to put up a bond for a key. The committee declined the application because the use of the baths by individuals is prohibited by council policy.

Mr LLOYD,
YOUR SECRET IS SAFE WITH US !!!



But we can't vouch for H.B. ORIENTERS !!!

PROBLEM SOLVED



PETER BACK IN HIS "THINK TANK."

ENTERING UPCOMING FIXTURES?

I would like to make some comments about the forthcoming "away" events on our fixture list.

The weekend 5th and 6th September is worthy of note. Saturday 5th is an OY (Orienteer of the Year) event for the Wellington Area orienteering clubs. We are not in an Area and so run our own OY series. However, each year we have a challenge event with the Red Kiwis of Palmerston North on a "home this year, away next year basis" and for 1987, the challenge is set for the 5th September.

The venue, Waiterere North, is a flat area interspersed with intricate sand dunes, covered with tall pinus radiata, and very clear under foot. Good orienteering country.

We would obviously like a good turnout of club members. To make a weekend of it, Sunday the 6th is the Australia/N.Z. Challenge Relays at the MSD Forest near Bulls. A new map combining a previously used pinus radiata forest with new farmland, again mainly flat sand dune country.

As well as the best of the two countries various grades competing against each other as relay teams, any other teams of three orienteers may enter. In the M or W under 17, 17-18, 19-20, 21A, 21B, 35, 40, 45, 50 and M55 grades each team member runs the same distance. You do not have to be between 21 and 35 to enter that team, you just have to run the distance that an M or W 21 normally runs in competition events. Runners under 21 can run "up" into other grades. Runners over 35 may run "down" into grades above 21.

In the Mixed A grade teams, there are short, medium and long legs. Each team is only allowed one 21A member.

In the Mixed B, there are short, medium and long legs. Each team is only allowed one A grade runner.

On the 5th we may enter on the day but the Relays are pre-entry, closing on 31st July.

To enter, we must phone each other up and get our entries in.

The Red Kiwis have offered to provide us with billets for this weekend.

Assuming you are not hanging from the Chandelier in total confusion, here is something simpler.

The 13th September is the Individual Challenge between the Australian and N.Z. teams. Anyone can enter this Badge event. Entries have to be in by 31st July. I said it was simple.

The National Championships are now held every year at Labour Weekend.

Two years in the North Island then one year in the South Island.

This year it is on 25th October and set by the Taupo Club. It will never be nearer, unless we hold it in Hawke's Bay.

Entry forms are not available yet, but what say we go for it. Start planning, aiming, training and psyching ourselves in to it.

Now the Relays are the following day at Crohane Forest. Just this side of the Mohaka bridge on the Taupo Road and organised by our Club. Sharon Mardon is the co-ordinator with Brian Crawford and Russell Mardon course setting. We will need a top effort to make this a successfull event.

Any Queries? Phone me.

Stewart Hyslop

Fixtures.

WIN A VIDEO CAMERA

The best video film submitted to the I.O.F. (International Orienteering Federation) wins the prize. Subject of the original piece obviously should be an aspect of "O".

ENTRY FORMS

We suggest you fill in then photostat at twice the size, A4. Keep the small as a record and send the acceptable A4 to the organiser.

Hawke's Bay locals hope for special dispensation

HAWKE'S BAY's forests are relatively young. This is the major problem facing the heads of the Hawke's Bay district of Timberlands (the Forestry Corporation's trading arm). It means that in an organisation which is required to be commercially viable, there is no way it can operate profitably from the start.

"Give us a year," says district manager Ian Glennie, "and we can be economically viable if we must." This can only be achieved by early milling of a product which should not be harvested until 1990.

The Hawke's Bay district office of Timberlands is waiting for a head office decision on the generation of revenue. Local industry people hope that a special dispensation will be made to enable forestry districts such as Hawke's Bay to operate partially "in the red", until timber is ready for harvest.

The forestry assets of Timberlands (Hawke's Bay) include five production forests: Mohaka, Esk, Gwayas and Kaweka and also Te Awahohonu, which is on Maori lease land. There are also two seed orchards and two nurseries.

Only two of the production forests are currently being harvested; Esk, with an annual production of 34,000 cubic

metres, and Gwayas which markets 32,000 cu m. These two do not earn enough to support the whole operation in Hawke's Bay.

Delay in determining the value of the Forestry Corporation's assets is a further major difficulty, not only for the Hawke's Bay region. Timberlands lacks a starting point for its operations until this issue is resolved.

The lack of clarity on basic criteria means that; "Local staff are occupied in reviewing production and marketing options and maintaining the present level of production," says Dave Lowry district sales and logging manager.

Lowry is optimistic that under the new regime, district offices will be able to make marketing commitments "within a reasonable framework". Head office will still make major policy decisions. He admits that Timberlands is currently marking time. "We have a large resource and are waiting for decisions which will enable us to finalise planning and get under way," he says.

Ian Glennie, indicates other priorities. "Management must be competent on both the business and technical fronts," he says. Existing markets and the needs of the industry must be considered. Carter Oji's Pan Pac is currently the district's principle client.

Glennie also points out the importance of the social impact of forestry in the region. Hawke's Bay people consider public access to forests a "traditional use" of the resource. Recreation must continue to be an objective, though he concedes there will need to be some control. In a user pay oriented corporation, the access may no longer be free.

The advent of the corporation and the consequent change to a contract system for forest management has meant a substantial drop in the number of full-time employees. Many former NZ Forest Service wage workers have moved into the contract area, and more still are investigating the opportunities for contract work. Former Forest Service equipment will be sold to those who get into this area of work. Planting, pruning, thinning, roading and logging must carry on as usual.

Asked whether Timberlands (Hawke's Bay) would be buying new areas of land to afforest, Glennie said it would not be possible to extend the forestry area until the Forestry Corporation's objectives are "clearly identified". Any expansion would also require assured markets, he said, and a more liberal attitude by local bodies to the use of accessible land for forestry.

Timberlands Hawke's Bay management personnel:

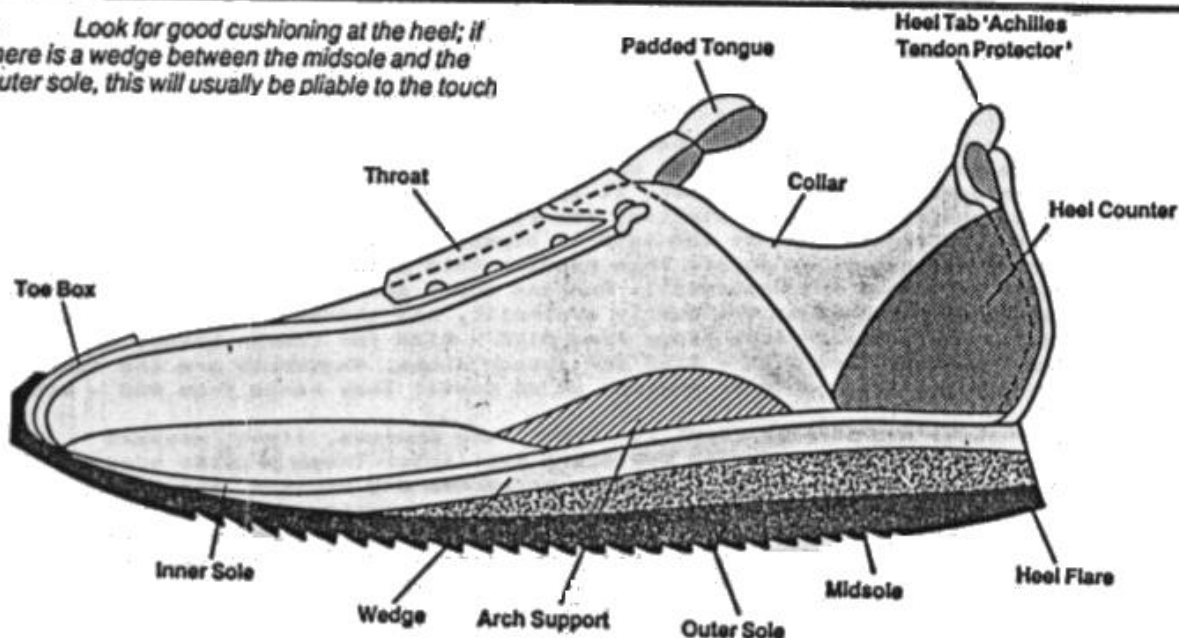
Ian Glennie — district manager:

Ian Glennie has spent almost all his working life in the forestry industry. His first job, in 1955, involved the measurement and appraisal of forests on Maori and Crown land, in the central North Island.

From 1964 to 1968 he was occupied with training programmes; firstly as a forestry training officer at Taumarunui, and later at the Reefton ranger school. Then followed a spell in the Wairarapa. In 1971, he moved to Karioi and three years later became officer in charge of the south Kaingaroa forest.

He was appointed district forest ranger at Turangi in 1977. A spell at

• Look for good cushioning at the heel; if there is a wedge between the midsole and the outer sole, this will usually be pliable to the touch



SHOES

The Low-down on Shoes

Have you ever wondered what's a foot with the typical Orienteer? The problem is that the "typical orienteer" doesn't exist, so it follows that neither does the typical shoe. How then to decide which shoe is best? The ideal would be some form of quick reference table where, at the one end, foot size, usual course selection, desired finishing time, and dollars in hand could be fed in, and at the other, make and model of shoe would appear. I tripped up trying to do this.

Shoes need to fit a purpose, a budget and feet. Purposes range from clipping milli-seconds off times, through multi purpose 'O'/work/casual wear, to tramping. Budgets and feet range still further. What follows then is a rough guide as to what to consider, and what is available when the old Plimsols just can't stand the pace.

There are some common factors. Our 'O' stamping ground is over 70% farm paddock, which means grass, steep, and mostly wet. Grip is important. Vinyl soles leave you foot-in-mouth on the slopes, rubber doesn't. Tread depth must be more than on Town and Country's. Shoes with fibre-board insoles or runners (see foot of page) are cheaper, but soon disintegrate in the wet, resulting in false savings and leaving you feeling a heel. Likewise, leather beats vinyl on the uppers especially for lateral movement, and prevents any heeling over on the slopes. Leather is heavy and pricey to boot, so generally a compromise is made; a leather strip connecting the sole to the nylon uppers. As nylon 'breathes' better than leather, this prevents the "jamming up" problem, ... so to speak.

So basically rubber soles with tread, leather insoles and runners (mid-sole), with nylon uppers will have you hurrying to put the boot on the other foot.

For those who are fleet-o'-foot, spikes seem the answer. They have the advantage of light weight, and good grip. The spikes themselves are interchangeable, allowing for different sizes (6mm and 9.5mm) to suit the conditions, dry or wet. Although Bluff Hill and parts of Frimley Park could result in punctured pads, those with true athletes feet shouldn't find too much trouble reverting to running shoes for these events. Prices range from \$100-\$125, but if you're serious about Orienteering, why not vote with your feet?

At a less blistering pace, running shoes seem the most popular choice. Versatility is the reason. Most of the well-known brands are light, rugged, and can be fitted to most shapes and sizes. Their presentation makes them suitable for both sporting and casual wear. Keen competition in this market has resulted in wide research in chiropody, and manufacturers and retailers are well aware of what's underfoot.

You can also show a clean pair of heels by getting running shoes. They are made especially for running, unlike sandshoes which don't have the thick cushioned mid-sole or runner. It is these that prove the Achilles heel for the running shoe. In protecting the foot from hard surface impact, they reduce strength against the lateral stress or roll, common in orienteering. Other sports that require this protection are indoor sports such as squash and basketball. Running shoes are generally better however, as "indoor" shoes are mostly synthetic, and therefore less resistant to damp conditions. Prices range from \$100 - \$120 for common brands of running shoe, and \$120 - \$160 for indoor shoes. Sandshoes are the foot's arch enemy and are to be avoided at no cost!! They range from \$35 - \$45.

For those who like to "boot it" around the courses, light 'weekend walkers' and full tramping boots are available. These provide good protection against twisted ankles, scratches and bruises, and all have good tread on rubber soles. There is a light version available with nylon uppers in place of leather, that reduces longevity from 80 years to about 10, (of the boot that is!!), but retains the other benefits of tramping boots. Most have lacing hooks which make getting them on and off easy, and they retail at about \$100 compared to the full leather boot at \$150. These lighter versions are especially suitable for ladies. Another alternative is to resort to the commonly used lace-up gumboot used by most hunters and many trampers. These cost about \$65, and, they're the only footwear that's waterproof.

So, give you some ideas?

SOFT TISSUE INJURY





SPRAINS STRAINS BRUISES

- Soft tissue injuries are damage to – muscles tendons joint capsules ligaments
- Signs and symptoms of soft tissue injury are – pain tenderness swelling
bleeding into tissues (sometimes visible as bruising)
restriction of movement or loss of function

Uncontrolled bleeding into tissues will lead to swelling and more pain and will increase the disability of the injured part.

FOR FIRST AID ACT QUICKLY to try and reduce the bleeding

SELF-TREATMENT - THE RICE METHOD

<p>REST</p> <p>Stop exercise immediately. This prevents further damage and reduces bleeding.</p> 	<p>ICE</p> <p>Ice reduces bleeding pain and spasm. Crushed ice in a damp towel moulded over the damaged area is ideal. Wrapping the ice in a towel protects the skin from ice burn. If you have sensitive skin smear it with oil before applying the ice pack. The pack must be removed after 20 minutes. To crush the ice simply put cubes inside the folded towel and hit with a piece of wood or similar. During the first 24 hours apply ice every 4-5 hours.</p> 	<p>COMPRESSION</p> <p>Ice cooling takes up to 20 minutes to penetrate deep tissues so wrap crepe bandages over the ice pack firmly but comfortably so that the damaged and surrounding areas are compressed. If a bandage is not available press the ice pack firmly by hand on to the damaged tissue. Compression reduces bleeding and swelling. Maintain constant compression for the first day or for as long as swelling persists.</p> 	<p>ELEVATION</p> <p>By raising a damaged limb fluids tend to drain into the body's trunk and swelling of the injured area is reduced. After 20 minutes remove the ice pack, replace the compression bandage and continue rest and elevation.</p> 
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WHY THIS TREATMENT WORKS

REST

prevents further damage to the tissue
reduces blood and fluid flow.

ICE

reduces blood and fluid flow, reduces pain, reduces muscle spasm.

COMPRESSION

reduces bleeding
reduces swelling.

ELEVATION

reverses the effect of gravity reducing swelling and bleeding.



C.D.O.A. CHAMPIONSHIP EVENT
BADGE EVENT & N.Z. TEAM TRIAL
AUGUST 9-1987

VENUE : TARAWERA FOREST - KAWERAU

MAP : TARAWERA

1:15000, 6m Contours, 5 Colour

Steep gully spur, mature forest.

Generally slow running with soft underfoot conditions -
 similar to the last map used in the 7Day.

One of the more technically difficult and physical areas in NZ.

Used once in 1985 as an O.Y. and Combined Trial for W.O.C. squad.

Fieldworkers : K. Holst, J. Love, P. Enochson, C. Gustafsen,
 D. Sayer.

ORGANISERS : ROTORUA 'O' CLUB

CONTROLLER : John Love

COURSE SETTER : Roy Edwards

GENERAL : This event has been notified as being the final trial for
 the Australia/NZ challenge, by the current selectors.

COURSE/GRADE COMBINATIONS

Course		
1	M21E	Hard
2	M21A, M35A	Hard
3	W21E, M19A, M40A	Hard
4	M45A, M17A, W21A, W35A	Hard
5	M50A, W19A, W40A	Hard
6	M55A, W45A, W17A	Hard
7	W50A, W55A, M60	Hard
8	M21B	Medium
9	M15A, M35B	Medium
10	M40B, M45B, M17-20B	Medium
11	M50B, W21B	Medium
12	W15A, W35B	Medium
13	W40B, W45B, W17-20B	Medium
14	M13A, W13A, M21C	Easy
15	W12A, M12A, W21C	Easy
16	W & M16 & Under B	Easy

FEES : Senior - \$7

Junior - \$3 (18 and under)

Family Maximum - \$18

Cheques payable to 'Rotorua Orienteering Club'

Closing Date - 18 July 1987

WARMUP EVENT : MAP - DEATH VALLEY Scale 1:15000, 6m Contours.

Sister Map to Tarawera - same mappers, cartographer
 and printer. Similar terrain. Entry on the day -
 \$2 per map.

ENTRY FORM

SURNAME	FIRST NAME	CLUB	GRADE	FEE

SEND TO : Owen Cox
 21 Fairley Rd, Rotorua

TOTAL \$

FIXTURES

19 JULY	CLUB CAR EVENT	CENTRAL H.B.	P. WATSON
2 AUGUST	CLUB BIATHLON (Cycle/'0') (optional)	SEAFIELD ROAD	M. LLOYD
* 9 AUGUST	AREA CHAMPS C.D.O.A.	KAWERAU	ROTORUA
23 AUGUST	CLUB O.Y.4	WHIRINAKI (pulp mill)	B. CRAWFORD/ M. FISHER
5 SEPTEMBER	INTER CLUB CHALLENGE H.B.v R.K.	WAITERERE NORTH	RED KIWIS (Palm.Nth)
6 SEPTEMBER	AUST v NZ RELAY (any team can enter this event)	MSD FOREST	RED KIWIS
8 SEPTEMBER	TUES. AUST TEAM, VISITORS ANYONE ELSE	WHIRINAKI	S. HYSLOP
* 13 SEPTEMBER	AUST v NZ INDIV. CHALLENGE (anyone can enter this <u>Badge</u> event)		HAMILTON
20 SEPTEMBER	CLUB Promotional	TUKI TUKI RIVER	M. HARRISON
4 OCTOBER	CLUB	TO BE ARRANGED	
* 11 OCTOBER	AUCKLAND AREA CHAMPS		
18 OCTOBER	CLUB O.Y.5	GWAVAS	S. & P. MARDON
* 25 OCTOBER	NATIONAL CHAMPS		TAUPO
26 OCTOBER	NATIONAL RELAYS	CROHANE (near Te Pohue)	B. CRAWFORD/ -R. MARDON
15 NOVEMBER	CLUB CHAMPS	" " " "	S. HYSLOP
* 22 NOVEMBER	WELLINGTON AREA CHAMPS		KAPITI HAVOC
6 DECEMBER	CLUB FINAL EVENT FOR 1987		
19 JULY	Entrants to meet at course setter's home, 1 Tavistock Road, Waipukurau, at 11 a.m. for briefing. Bring lunch, compass, pen, paper and ruler. \$4 per car, map supplied.		
*	Denotes Badge Event.		

At Club events you can start anytime between 10.30 am and 1.30 pm

At O.Y. events " " " " " 11.30 am " 1.00 pm

All events are advertised in the Leader, some events are advertised under Club Notices in the Herald Tribune and the Daily Telegraph.

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Fiona Crawford.

ORIENTEERING. THE THOUGHT SPORT

POSTAGE PAID
Hastings, N.Z.
Permit No. 76

July 1987